OXFORD

Night Caps.

BEING A

COLLECTION OF RECEIPTS

FOR MAKING

VARIOUS BEVERAGES

USED IN

THE UNIVERSITY.

OXFORD,
FOR HENRY SLATTER;
AND LONGMAN, REES, ORME, BROWN, AND GREEN,
LONDON.
1827.

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OXFORD

NIGHT CAPS,

&c.

BISHOP, OR SPICED WINE.

Three cups of this a prudent man may take,
The first of these for constitution's sake,
The second to the girl he loves the best,
The third and last to lull him to his rest.

Ancient Fragment.

BISHOP seems to be one of the oldest winter beverages known, and to this day is preferred to every other, not only by the *youthful votary of Bacchus* at his evening's revelry, but also by the *grave Don* by way of a night cap; and probably derives its name from the circumstance of ancient dignitaries of the Church, when they honoured

the University with a visit, being regaled with spiced wine. It appears from a work published some years since, and entitled, *Oxoniana, or Anecdotes of the University of Oxford,* that in the Rolls or Accounts of some Colleges of ancient foundation, a sum of money is frequently met with charged "*pro speciebus,*" that is, for spices used in their entertainments; for in those days as well as the present, spiced wine was a very fashionable beverage. In the Computus of Maxtoke Priory, anno 1447, is the following curious entry; "Item pro vino cretico cum speciebus et confectis datis diversis generosis in die Sancti Dionysii quando *Le fole* domini Montfordes erat hic, et faceret jocositates suas in camera Orioli." "*Vinum creticum*" is supposed to be raisin wine, or wine made of dried grapes; and the meaning of the whole seems to be this: Paid for raisin wine with comfits and spices, when Sir S. Montford's fool was here, and exhibited his merriments in the Oriel chamber.

Recipe.

Make several incisions in the rind of a lemon, stick cloves in the incisions, and roast the lemon by a slow fire. Put small but equal quantities of cinnamon, cloves, mace, and all-spice, and a race of ginger, into a saucepan, with half a pint of water; let it boil until it is reduced one half. Boil one bottle of port wine; burn a portion of the spirit out of it, by applying a lighted paper to the saucepan. Put the roasted lemons and spice into the wine; stir it up well, and let it stand near the fire ten minutes. Rub a few knobs of sugar on the rind of a lemon, put the sugar into a bowl or jug, with the juice of half a lemon, (not roasted,) pour the wine upon it, grate some nutmeg into it, sweeten it to your taste, and serve it up with the lemon and spice floating in it.

Oranges, although not used in Bishop at Oxford, are, as will appear by the following

lines, written by Swift, sometimes introduced into that beverage.

Fine oranges
Well roasted, with sugar and wine in a cup,
They'll make a sweet Bishop when gentlefolks sup.

LAWN SLEEVES, CARDINAL, AND POPE,

Owe their origin to some Brasen-nose Bacchanalians, and differ only from Bishop, as the species from the genus.

LAWN SLEEVES.

Substitute madeira or sherry for port wine, and add three glasses of hot calves-feet jelly.

CARDINAL.

Substitute claret for port wine; in other respects the same as Bishop.

POPE.

Precisely the same as Bishop, with the exception of champagne being used instead of port wine.

NEGUS.

Negus is a modern beverage, and, according to Malone, derives its name from its inventor, Colonel Negus. Dr. Willich, in his "Lectures on Diet and Regimen," says, that Negus is one of the most innocent and wholesome species of drink; especially if Seville oranges be added to red port wine, instead of lemons; and drunk moderately, it possesses considerable virtues in strengthening the stomach; but, on account of the volatile and heating oil in the orange peel, Negus, if taken in great quantities, is more stimulant and drying than pure wine.

WHITE WINE NEGUS.

Extract the juice from the peeling of one lemon, by rubbing loaf sugar on it; or cut the peeling of a lemon extremely thin, and pound it in a mortar. Cut two lemons into thin slices; four glasses of calves-feet jelly in a liquid state; small quantities of cinnamon, mace, cloves, and all-spice. Put the whole into a jug, pour one quart of boiling water upon it, cover the jug close, let it stand a quarter of an hour, and then add one bottle of boiling hot white wine. Grate half a nutmeg into it, stir it well together, sweeten it to your taste, and it is fit for use.

Seville oranges are not generally used at Oxford in making Negus; when they are, one orange is allowed to each bottle of wine.

COLD WHITE WINE NEGUS.

To make cold white wine Negus, let the mixture stand until it is quite cold, and then pour a bottle of white wine into it.

It is sometimes in the summer season placed in a tub of ice; when that is done it will be necessary to make the Negus somewhat sweeter, as extreme cold detracts from the sweetness of liquors.

PORT WINE NEGUS.

In making port wine Negus, merely omit the jelly; for when port wine comes in contact with calves-feet jelly, it immediately assumes a disagreeable muddy appearance.

Negus is not confined to any particular sorts of wine; if the jelly is omitted, it can be made with any, or several sorts mixed together.

OXFORD PUNCH, OR CLASSICAL SHERBET.

When e'en a bowl of punch we make,
Four striking opposites we take ;
The strong, the small, the sharp, the sweet,
Together mix'd, most kindly meet ;
And when they happily unite,
The bowl is pregnant with delight.

The liquor called *Punch* has become so truly English, it is often supposed to be indigenous to this country, though its name at least is oriental. The Persian *punj*, or Sanscrit *pancha*, i. e. five, is the etymon of its title, and denotes the number of ingredients of which it is composed. Addison's *fox-hunter*, who testified so much surprise when he found, that of the materials of which this "truly English" beverage was made, only the water belonged to England, would have been more astonished had his informant also told him, that it derived even its name from the East.

Various opinions are entertained respecting this compound drink. Some authors praise it as a cooling and refreshing beverage, when drank in moderation; others condemn the use of it, as prejudicial to the brain and nervous system. Dr. Cheyne, a celebrated Scotch physician, author of "An Essay on Long Life and Health," and who by a system of diet and regimen reduced himself from the enormous weight of thirty-two stone to nearly one third, which enabled him to live to the age of seventy-two, insists, that there is but one wholesome ingredient in it, and that is the water. Dr. Willich, on the contrary, asserts, that if a proper quantity of acid be used in making Punch, it is an excellent antiseptic, and well calculated to supply the place of wine in resisting putrefaction, especially if drank cold with plenty of sugar; it also promotes perspiration; but if drank hot and immoderately, it creates acidity in the stomach, weakens the nerves, and gives rise to complaints of the breast.

He further states, that after a heavy meal it is improper, as it may check digestion, and injure the stomach [a].

Recipe.

Extract the juice from the rind of three lemons, by rubbing loaf sugar on it. The peeling of two Seville oranges and two lemons, cut extremely thin. The juice of four Seville oranges and ten lemons. Six glasses of calves-feet jelly in a liquid state. The above to be put into a jug, and stirred well together. Pour two quarts of boiling water on the mixture, cover the jug closely, and place it near the fire for a quarter of an hour. Then strain the liquid through a sieve into a punch bowl or jug, sweeten it with a bottle of capillaire, and add half a pint of white wine, a pint of French brandy, a pint

[a] Fielding mentions a Clergyman who preferred Punch to Wine for this orthodox reason, that the former was a liquor no where spoken against in Scripture.

of Jamaica rum, and a bottle of orange shrub; the mixture to be stirred as the spirits are poured in. If not sufficiently sweet, add loaf sugar gradually in small quantities, or a spoonful or two of capillaire. To be served up either hot or cold[b]. The Oxford Punch, when made with half the quantity of spirituous liquors, and placed in an ice tub for a short time, is a pleasant summer beverage.

In making this Punch, limes are sometimes used instead of lemons, but they are by no means so wholesome[c].

SPICED PUNCH.

Boil a small quantity of each sort of spice in half a pint of water, until it is re-

[b] Ignorant servants and waiters sometimes put oxalic acid into punch to give it a flavour; such a practice can not be too severely censured.

[c] Arburthnot, in his work on aliments, says, "the West India dry gripes are occasioned by lime juice in Punch."

duced one half; add it to the ingredients which compose the Oxford Punch, and grate a whole nutmeg into it. Spiced Punch, if bottled off as soon as it is cold, with the spice in it, will keep good several days.

TEA PUNCH.

Green tea is the basis of this Punch; and although Tea Punch is seldom made in Oxford, it nevertheless has been much esteemed by those who have partaken of it. It is invariably drank hot. It is made precisely in the same way as the Oxford Punch, excepting that the jelly is omitted, and green tea supplies the place of water.

GIN PUNCH.

The same as Oxford Punch, only omit the rum, brandy, and shrub, and substitute two bottles of gin.

RED PUNCH.

Substitute port wine for white, and red currant jelly for calves-feet jelly; in other respects the same as Oxford Punch. If drank in the summer, let it stand until it is cold, and then put it into a bucket of ice. Care must be taken that the ice water does not get into the jug which contains this Punch.

PUNCH ROYAL.

Extract the juice from the peeling of a lemon, by rubbing loaf sugar on it. Pour one pint of boiling water on it. Add the juice of six lemons, one pint of rum, and a pint of port wine. Sweeten it to your taste, and it is fit for use.

MILK PUNCH.

Warm two quarts of water and one of new milk, then mix them well together, and sweeten it with a sufficient quantity of loaf sugar. Rub a few knobs of loaf sugar on the peeling of a lemon; put them

into a jug with the above, and pour into it gradually half a pint of lemon juice, stirring the mixture as it is poured in. Then add one quart of white brandy. Strain it through a flannel bag or a fine hair sieve. Bottle it off, and if placed in a cool cellar it will keep ten days or a fortnight. Jellies are sometimes used in making this Punch, but they are not necessary, as the milk will sufficiently temper the acrimony of the lemon juice.

OXFORD MILK PUNCH.

Dissolve two pounds and a half of double refined sugar in one gallon of cold spring water; add to it a quarter of a pint of orange flower water, the juice of twenty limes and eight pot oranges. Stir it well together; pour one quart of boiling milk into it, and then add three quarts of white brandy and three quarts of orange brandy shrub; strain it through a flannel bag or fine

hair sieve. Take out what is wanted for present use, and bottle off the remainder.

NORFOLK MILK PUNCH.

Cut the peeling of six Seville oranges and six lemons extremely thin. Pound it in a stone mortar. Add thereto a pint of brandy, and let it remain about six hours; then squeeze the juice of six Seville oranges and eight lemons into it. Stir it well, and pour into it three more pints of brandy, three pints of rum, and three quarts of water. Make two quarts of skimmed milk boiling hot; grate a nutmeg into it; mix it gradually with the other ingredients; add a sufficient quantity of fine loaf sugar to sweeten it, (about two pounds.) Stir it till the sugar is dissolved. Let the mixture stand twelve hours, then strain it through a flannel bag till it is quite clear. It is then fit for use. It has been said, that if this Punch is bottled off and well corked, it will keep in any climate, and for any length of time.

The bottles it is put into must be perfectly dry.

RESTORATIVE PUNCH, vulgo STORATIVE.

Extract the juice from the peeling of one Seville orange and one lemon; the juice of six Seville oranges and six lemons, six glasses of calves-feet jelly in a liquid state, a sufficient quantity of loaf sugar, (about half a pound;) put the whole into a jug, pour on it one quart of boiling water; add four glasses of brandy, stir it well together, and it is fit for use[c].

LEMON PUNCH TO KEEP.

Cut the rind off six lemons if large, eight if small, squeeze out the juice, put the rind and the juice together, and add one

[c] Many of the first statesmen of the present day (should they see this) will recognize it as the liquor invariably drank by them at College before they attended their debating parties.

quart of white brandy. Let it remain closely covered for three or four days.

Let the juice of six or eight additional lemons be squeezed into two quarts of water, put into it a sufficient quantity of double refined sugar to sweeten the whole. Boil it well, and when quite cold, pour into it a bottle of sherry or madeira. Then mix it well with the lemon and brandy, and, if sufficiently sweet, strain it through a flannel bag into a small cask. At the expiration of three months bottle it off, and if the bottles are well corked and kept in a cool place, it will be fit to drink in a month.

EGG PUNCH.

One quart of cold water, the juice of six lemons and six pot oranges, four glasses of calves-feet jelly in a liquid state; stir the whole well together; let it remain covered over for half an hour; then strain it through a hair sieve, and add to it one bottle of capillaire, two glasses of sherry, half a pint of

brandy, and one bottle of orange shrub. Put some pulverised sugar and ten fresh-laid hens' eggs into a bowl, beat them well together, and gradually unite the two mixtures by keeping the eggs well stirred as it is poured in; then whip it with a whisk until a fine froth rises, and if sweet enough it is fit for immediate use.

This Punch should be drank as soon as it is made, for if kept any length of time it will turn sour.

Omit the wine and spirits, and freeze the remainder, and a mould of ice may be obtained equal to any in use.

SHRUB PUNCH.

To make the above into Shrub Punch of a superior flavour and quality to that in general use, merely leave out the eggs.

Lemonade.

To convert Egg Punch into a delicious Lemonade, leave out the wine, spirits, and

oranges, and add the juice of four more lemons and a proportionate quantity of sugar.

Orangeade.

The mixture may also be made into Orangeade by omitting the wine, spirits, and lemons, and squeezing into it the juice of twelve oranges in addition to those mentioned in the recipe for Egg Punch.

POSSET.

From fam'd Barbadoes, on the western main,
Fetch sugar, ounces four; fetch sack from Spain
A pint; and from the Eastern Indian coast
Nutmeg, the glory of our northern toast;
O'er flaming coals let them together heat,
Till the all-conquering sack dissolve the sweet;
O'er such another fire put eggs just ten,
New-born from tread of cock and rump of hen;
Stir them with steady hand and conscience pricking,
To see th' untimely end of ten fine chicken:
From shining shelf take down the brazen skellet,
A quart of milk from gentle cow will fill it;

When boil'd and cold, put milk and sack to eggs,
Unite them firmly like the triple league,
And on the fire let them together dwell
Till miss sing twice—you must not kiss and tell:
Each lad and lass take up a silver spoon,
And fall on fiercely like a starv'd dragoon.

Sir Fleetwood Fletcher's Sack Posset.

Posset, it seems, is a medicated drink of some antiquity; for among the numerous English authors who in some way or other speak of it, our immortal Bard Shakspeare has made one of his characters say, "We'll have a Posset at the latter end of a sea coal fire." And Sir John Suckling, who died in 1641, says, in one of his poems, "In came the bridemaids with the Posset." Dr. Johnson describes Posset to be milk curdled with wine and other acids; we may therefore with propriety infer, that the White Wine Whey so common in Oxford is the Milk Posset of our forefathers.

WHITE WINE WHEY, OR MILK POSSET.

Put one pint of milk into a saucepan, and when it boils pour into it one gill of white wine; boil it till the curd becomes hard, then strain it through a fine sieve; rub a few knobs of loaf sugar on the rind of a lemon, put them into the Whey; grate a small quantity of nutmeg into it; sweeten it to your taste, and it is fit for use.

PEPPER POSSET.

The more to promote perspiration, whole pepper is sometimes boiled in the Whey, but all-spice is far preferable.

A Pepper Posset was known to the learned and ingenious John Dryden, as will appear by the following lines written by him;

A sparing diet did her health assure;
Or sick, a pepper posset was her cure.

CIDER POSSET.

Pound the peeling of a lemon in a mortar, pour on it one quart of fresh drawn cider; sweeten it with double refined sugar, add one gill of brandy, and one quart of milk from the cow, stir it well together, strain it through a fine hair sieve or a flannel bag, then grate a nutmeg into it, and it is fit for use.

PERRY POSSET

is prepared in the same way, excepting that perry is used instead of cider.

There are other Possets, which have milk for their basis, in use in different parts of the country, such, for instance, as Treacle Beer and Orange Posset; but as they are seldom if ever made in Oxford, it is not necessary that any thing further should be said of them.

The following have an affinity to, and possibly derive their origin from, Sir Fleetwood Fletcher's Sack Posset.

RUM BOOZE, OR EGG POSSET[b].

The yolks of eight eggs well beaten up, with some refined sugar pulverized, and a grated nutmeg; extract the juice from the rind of a lemon by rubbing loaf sugar on it; put the sugar, a piece of cinnamon, and a bottle of white wine, into a clean saucepan; when the wine boils take it off the fire; pour one glass of cold white wine into it, put it into a spouted jug, and pour it gradually among the yolks of eggs, &c. keeping them well stirred with a spoon as the wine is poured in; if not sweet enough, add a small quantity of loaf sugar; then pour the mixture as swift as possible from one vessel to the other until a fine white froth is obtained. Half a pint of rum is sometimes added, but it is then very intoxicating. Port wine is sometimes substituted for white, but is not considered so palatable. This liquor should be drank when quite hot. If the wine is poured

[b] It is sometimes denominated *Egg Flip*.

boiling hot among the eggs, the mixture will become curdled.

BEER FLIP.

Beer flip is made the same way and with the same materials as the preceding, excepting that one quart of strong home-brewed beer is substituted for the wine; a glass of gin is sometimes added, but it is better without it. This beverage is generally given to servants at Christmas, and other high festivals of our Church.

RUMFUSTIAN.

The yolks of twelve eggs, one quart of strong beer, one bottle of white wine, half a pint of gin, a grated nutmeg, the juice from the peeling of a lemon, a small quantity of cinnamon, and sufficient sugar to sweeten it; prepared precisely in the same way as Rum Booze.

Such is the intoxicating property of this liquor, that none but hard drinkers will venture to regale themselves with it a second time.

THE OXFORD GRACE CUP.

The grace cup serv'd, the cloth away,
Jove thought it time to shew his play.
Prior.

The ancient Grace Cup was a vessel proportioned to the number of the company assembled, which went round the table, the guests drinking out of the same cup one after another. Virgil describes something like it, when, speaking of the entertainment Queen Dido gave to Æneas, he says,

Postquam prima quies epulis, mensæque remotæ ;
Crateras magnos statuunt, et vina coronant.
* * * * * * * * * *
Hic regina gravem gemmis auroque poposcit
Implevitque mero pateram : * * * *
* * * * * * * * * *

Primaque libato summo tenus attigit ore.
Tum Bitiæ dedit increpitans: ille impiger hausit
Spumantem pateram, et pleno se proluit auro.
Post alii proceres.

It has been the custom from time immemorial, at the civic feasts in Oxford, for the Grace Cup to be introduced before the removal of the cloth, when the Mayor receives the Cup standing; his right and left hand guests also rise from their seats while he gives the toast, which, since the Reformation, has been, "Church and King." The Cup is then handed round the table, no one presuming to apply his lips to it until two persons have risen from their seats. The origin of this custom is ascribed by our antiquaries to the practice of the Danes heretofore in England, who frequently used to stab or cut the throats of the natives while they were drinking, the persons standing being sureties that the one holding the cup should come to no harm while partaking of it.

Recipe.

Extract the juice from the peeling of a lemon, and cut the remainder into thin slices; put it into a jug or bowl, and pour on it three half pints of strong home-brewed beer[c] and a bottle of mountain wine; grate a nutmeg into it; sweeten it to your taste; stir it till the sugar is dissolved, and then add three or four slices of bread toasted brown. Let it stand two hours, and then strain it off into the Grace Cup.

CIDER CUP, OR COLD TANKARD.

Extract the juice from the peeling of one lemon by rubbing loaf sugar on it; cut two lemons into thin slices; the rind of one lemon cut thin, a quarter of a pound of loaf sugar, and half a pint of brandy. Put the whole into a large jug, mix it well together,

[c] Home-brewed beer is here recommended, as the common brewers too frequently mix with their beer sulphuric acid, copperas, tobacco, capsicum, cocculus Indicus, coriander seeds, allum, and burnt sugar.

and pour one quart of cold spring water upon it. Grate a nutmeg into it, add one pint of white wine and a bottle of cider, sweeten it to your taste with capillaire or sugar, put a handful of balm and the same quantity of borage[d] in flower (*borago officinalis*) into it, stalk downwards. Then put the jug containing this liquor into a tub of ice, and

[d] "The sprigs of borage in wine are of known virtue, to revive the hypochondriac, and cheer the hard student." *Evelyn's Acetaria*, p. 13. "Borage is one of the four cordial flowers; it comforts the heart, cheers melancholy, and revives the fainting spirits." *Salmon's Household Companion*, London, 1710. "Borage has the credit of being a great cordial; throwing it into cold wine is better than all the medicinal preparations." *Sir John Hill, M.D.*

"The leaves, flowers, and seed of borage, all or any of them, are good to expel pensiveness and melancholy." *The English Physician.*

"Balm is very good to help digestion and open obstructions of the brain, and hath so much purging quality in it, as to expel those melancholy vapours from the spirits and blood which are in the heart and arteries, although it cannot do so in other parts of the body." *Ibid.*

when it has remained there one hour it is fit for use. The balm and borage should be fresh gathered.

PERRY CUP.

Merely substitute perry for cider.

BEER CUP.

One quart of strong beer instead of cider or perry. The other ingredients the same as in cider cup.

RED CUP.

Use one pint of port wine instead of white; sometimes two glasses of red currant jelly are added. In other respects the same as cider cup, excepting that warm water is used to dissolve the jelly.

THE WASSAIL BOWL, OR SWIG.

Sir, quod he, Watsayll, for never days of your lyf ne dronk ye of such a cuppe. *Ancient MS.*

The Wassail Bowl, or Swig, as it is termed at Jesus College in this University, is of considerable antiquity, and up to this time is a great favourite with the sons of Cambria; so much so, indeed, that a party seldom dines or sups in that College without its forming a part of their entertainment[c]. On the festival of St. David, Cambria's tutelary Saint, an immense silver gilt bowl, containing ten gallons, and which was presented to Jesus College by Sir Watkin W. Wynne in 1732, is filled with Swig, and handed round to those who are invited on that occasion to sit at their festive and hospitable board. The following is the method of manufacturing it at that College.

[c] Swig was formerly almost exclusively confined to Jesus College; it is now, however, a great favourite throughout the University.

Put into a bowl half a pound of Lisbon sugar; pour on it one pint of warm beer; grate a nutmeg and some ginger into it: add four glasses of sherry and five additional pints of beer; stir it well; sweeten it to your taste: let it stand covered up two or three hours, then put three or four slices of bread cut thin and toasted brown into it, and it is fit for use. Sometimes a couple or three slices of lemon, and a few lumps of loaf sugar rubbed on the peeling of a lemon, are introduced.

Bottle this mixture, and in a few days it may be drank in a state of effervescence.

The Wassail Bowl, or Wassail Cup, was formerly prepared in nearly the same way as at present, excepting that roasted apples, or crab apples, were introduced instead of toasted bread. And up to the present period, in some parts of the kingdom, there are persons who keep up the ancient custom of regaling their friends and neighbours on Christmas-eve and Twelfth-eve with a Was-

sail Bowl, with roasted apples floating in it, and which is generally ushered in with great ceremony. Shakspeare alludes to the Wassail Bowl when he says, in his Midsummer Night's Dream,

> Sometimes lurk I in a gossip's bowl,
> In very likeness of a roasted crab,
> And when she drinks, against her lips I bob,
> And on her wither'd dewlap pour the ale.

BROWN BETTY.

Brown Betty does not differ materially from the preceding; it is said to have derived its name from one of the *fair sex,* ycleped a bedmaker, who invariably recommended the mixture so named as a never failing panacea.

Recipe.

Dissolve a quarter of a pound of brown sugar in one pint of water, slice a lemon

into it, let it stand a quarter of an hour, then add a small quantity of pulverized cloves and cinnamon, half a pint of brandy, and one quart of good strong ale; stir it well together, put a couple of slices of toasted bread into it, grate some nutmeg and ginger on the toast, and it is fit for use. Ice it well and it will prove a good summer, warm it and it will become a pleasant winter, beverage. It is drank chiefly at dinner.

METHEGLIN.

Non Vitis, sed Apis succum tibi mitto bibendum,
Quem legimus Bardos olim potasse Britannos.
Qualibet in bacca Vitis Megera latescit,
Qualibet in gutta Mellis Aglaia nitet.

The juice of Bees, not Bacchus, here behold,
Which British Bards were wont to quaff of old;
The berries of the grape with Furies swell,
But in the honeycomb the Graces dwell.

Howell.

Metheglin is probably derived from the Welch Medclygllyn, a medical drink, and was once the natural beverage of a great part of this country, and according to some authors is the Hydromel[a] of the ancients. Howell[b], in one of his familiar letters, on presenting a friend with a bottle of Metheglin, thus speaks of it; "Neither Sir John "Barleycorn or Bacchus had any thing to do "with it, but it is the pure juice of the Bee, "the laborious bee, and the king of insects; "the Druids and old British Bards were "wont to take a carouse hereof before "they entered into their speculations. But "this drink always carries a kind of state "with it, for it must be attended with a "brown toast; nor will it admit but of one

[a] In fevers, the aliments prescribed by Hippocrates were ptisans and cream of barley, *hydromel*, that is, honey and water, where there was no tendency to delirium. *Arbuthnot.*

[b] James Howell, Clerk of the Privy Council in 1640, and sometime Fellow of Jesus College in this University.

" good draught, and that in the morning; if " more, it will keep a *humming* in the head, " and so speak too much of the house it " comes from, I mean, the hive."

Indeed almost every other author who has written on the subject affirms, that before the introduction of Agriculture into this island, Honey diluted with water (i. e. Metheglin) was the only strong drink known to, and was a great favourite among, the Ancient Britons.

Metheglin is usually divided into the Simple and the Vinous. Simple Metheglin is that which has not been fermented, and the Vinous is that which has obtained a spirit by fermentation.

VINOUS METHEGLIN.

Take as much new honey separated from the comb which, when well mixed with water, will be of such a consistency as to bear an egg; boil this liquor for one hour;

let it stand covered up till the next morning, and, if it is then quite cold, put it into a cask. To every fifteen gallons add pulverized ginger, mace, cinnamon, and cloves, of each an ounce. To promote fermentation, put into the bung-hole two table-spoonsful of yeast. When it has done working stop it up, and in a month or six weeks it will be in a fit state to be drawn off into bottles.

MEAD AND BRAGGON, OR BRAGGET,

do not differ materially from Metheglin; they are indeed varieties of the same. Howell says, " they differ in strength ac- " cording to the three degrees of compari- " son, Metheglin being strong in the super- " lative, and if taken immoderately doth " stupify more than any other liquor."

The following are the methods of preparing them.

Mix the whites of six eggs with twelve

gallons of spring water, add twenty pounds of the best virgin honey and the peeling of three lemons; boil it an hour, and then put into it some [c] rosemary, cloves, mace, and ginger; when it is quite cold, add a spoonful or two of yeast, tun it, and when it has done working, stop it up close. In a few months bottle it off, and deposit it in a cellar of cool temperature.

Some prefer it without the spices, others without lemons.

To each gallon of water add four pounds of the whitest, purest, and best tasted honey, and the peeling of two lemons; boil it half an hour. Scum it when cold. Put it into a cask, add some yeast to it; when it has done fermenting, stop the cask up close, and at the expiration of eight months bottle it off.

[c] The best Honey known is that of Narbonne in France, where Rosemary abounds, it having a very strong flavour of that plant.

If this liquor is properly kept, the taste of the honey will go off, and it will resemble Tokay both in strength and flavour.

THE END.

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